

**WINTER 2006**

# **Yesler**

**COMMUNITY CENTER**



**Holiday Magic  
Ice Cream Social  
Bake Sale  
Spring Egg Hunt**

**December 16  
February 11  
February 24  
April 15**

## Yesler Community Center

917 E. Yesler Way  
Seattle, WA 98122  
Phone: 206-386-1245 Fax 206-684-7787  
Visit us online at [www.seattle.gov/parks/](http://www.seattle.gov/parks/)

### Hours of operation

Monday, Wednesday, & Friday	1 to 9 p.m.
Tuesday & Thursday	10 a.m. to 9 p.m.
Saturday	10 a.m. to 5 p.m.
Sunday	Closed

### Program registration

Begins Monday, Dec. 12, 2005

### Program dates

Jan 1 to March 26, 2006 (unless otherwise noted)

### Holiday closures

Sunday, Jan 1 and Monday, Jan 2, New Year's Holiday  
Monday, Jan 16, Dr. Martin Luther King, Jr.'s Birthday  
Monday, February 20, Presidents' Day

### Metro Bus Routes

Routes 27 and 60 stop on E. Yesler Way and Broadway  
(in front of the community center)

Routes 12 and 7 stop on S. Jackson St. and 12<sup>th</sup> Ave. S.  
(4 blocks)

### Directions

Yesler Community Center is located in the heart of Seattle on the corner of E. Yesler Way and Broadway. We are just minutes away from Downtown Seattle, Capital Hill, Beacon Hill, Pioneer Square, Safeco Field and Qwest Stadium.

#### South on I-5:

Take the James St. Exit.  
Merge onto 6th Ave.  
Turn left on Yesler Way.

#### North on I-5:

Take James St. Exit.  
Turn right on James St.  
Turn right on Boren Ave.  
Turn right on Broadway.

### Mission

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate and build community.

## Management Staff

Ken Bounds, Superintendent  
B.J. Brooks, Deputy Superintendent  
Christopher Williams, Parks & Recreation  
Operations Director  
Robert Stowers, Central East Recreation Manager

## Professional Staff

Shari Watts, Recreation Coordinator  
Thavy Pen, Assistant Recreation Coordinator  
Kiesha Cannon, Acting Asst. Recreation Coordinator  
Ron Brown, Teen Development Leader  
Leslie Woods, Recreation Attendant  
Billy McKinion, Maintenance Laborer  
Asfaha Lemlem, Computer Lab Coordinator  
Jamal Willis, Child Care Program

## Payment

You can pay for classes and other activities by mail, in person during regular facility hours, or by telephone with a credit card. We accept Visa, MasterCard and American Express. Please make checks and money orders out to our Advisory Council. PLEASE NOTE: Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee. (Credit card or cash only.) We are working on a system that will make online registration available.

## Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.
- Please read the entire policy, #7.16, for specific information.

## Our Brochure Information is Also Available Online!

Did you know you can access our brochure in two different formats? You can visit our web site at [www.seattle.gov/parks/centers/miller.htm](http://www.seattle.gov/parks/centers/miller.htm) and download a pdf (Free Adobe Reader required) that you can print, or you can explore our new *searchable* brochure at [www2.seattle.gov/parks/brochure](http://www2.seattle.gov/parks/brochure). Type in some keywords and find classes that are custom suited to you!

# Special Events

## SPRING EGG HUNT

Join us for our annual rain or shine egg hunt. There will be lots of candy, special prizes, and a ton of fun. Don't forget to bring a basket or bag to carry your goodies home. Children will hunt for eggs according to age.

Age: 0-3 10:30-11 a.m.

Age: 4-6 11-11:30 a.m.

Age: 7-9 11:30 a.m.-12 p.m.

Age: 10-12 12-12:30 p.m.

10:30 a.m. – 12:30 p.m.

Apr 15



## FLASHLIGHT EGG HUNT FOR TEENS

Rain or shine!!! Teens will enjoy an evening of egg hunting by flashlight. There will be lots of candy, special prizes, and a ton of fun. Please bring your own flashlight and goodie bag.

Instructor: TDL

Age: 11 to 17

8:30 p.m. Apr 14

Location: Teen Room

## BAKE SALE

CUPCAKES! BROWNIES! COOKIES! RICE CRISPY TREATS! Yesler's childcare program will be hosting this fundraiser to raise money for participant scholarships. Come enjoy your favorite baked goods and support a good cause at the same time.

Feb 24

## FAMILY MOVIE NIGHT

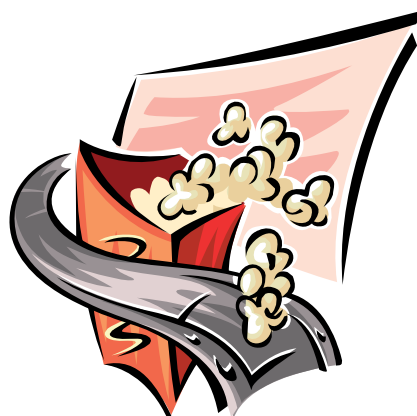
Bring the family out for a enjoyable night at the movies. Floor seating will be available so bring something comfy to sit on. Doors open at 6 p.m. Movie starts at 6:30 p.m. Popcorn and soda will be on hand for purchase. Movie title will be available week of showing on Wednesday.

6 p.m. Jan 27

6 p.m. Feb 24

6 p.m. Mar 31

Location: Multi Purpose Room



## HOLIDAY MAGIC

Join us for our annual Holiday Magic dinner. Bring the family and a favorite food to share with your neighbors. There'll even be a visitor from the North Pole to hear your child's wish. A special thanks to Toys for Tots and KUBE 93 FM for donating toys this year.

6 – 8 p.m. Fri, Dec 16

## ICE CREAM SOCIAL

I scream! You scream! We all scream for ice cream! Yesler Community Center would like to show our neighborhood appreciation by treating you to everybody's favorite delicacy. Come join us for an afternoon of entertainment, good company, and of course ice cream.

Sat, Feb 11 1 – 3 p.m.

# Toddlers

## Playspace & Other Drop In Activities

### TOT GYM

The gym will be reserved for tots to have all the fun they want. Balls, active play toys, and riding toys will be available. Bring your own favorite toys or use some of ours. Great place to meet other parents with toddlers and make new friends. The Tot Gym is perfect for those rainy Seattle days. Parent supervision is required.

\$1 drop-in fee per child

\$10 punch card for 12 visits available

Age: 2 to 5

Tue/Thu 10 a.m. – Noon

Location: Gym



## Athletics

### CUB BASKETBALL

This basketball program is for the little hoopsters. Practice is twice a week. Games are on Friday nights. Complete registration forms, proof of birth, and payment are required to play. SIGN-UP NOW!!!

Age: 8 to 9

Fees: \$55.00



# Teens

## Aerobics/Fitness

### FITNESS CLUB

Get in shape this winter and feel great. Exercise that incorporates light weight-training as well as running will be the basis of this program. (Running and using the fitness room will alternate unless weather conditions do not permit running outdoors.)

**Instructor: Mike Anderson**

**Tuesdays 5 – 6 p.m. Jan 10 – Mar 14**



## Computers and Technology

### TEENS TECHNOLOGY

The two most powerful things to know in technology are computer programming and databases. This class gives you an introduction to these by exploring the “Six degrees of Separation” theory. You will learn about how programming and databases work and figure out how your friends are connected to each other. Days and times TBD.

**Location:**  
**Computer Lab**



## Athletics

### GIRLS SOFTBALL

Join the Yesler girls softball team and have fun while learning new skills and techniques

You will play against teams from other community centers. Age groups are 10-11, 12-13, and 14-17. Proof of age is required to play. Registration Begins on February 13

**VOLUNTEER COACH NEEDED**

**Age: 10 to 17**

**Fees: \$30.00**

### TRACK AND FIELD

Join the Yesler track team and improve your running, jumping, endurance, and all around track skills. You'll be competing against other community centers. Track meets are held weekly and there is a championship meet at the end of the season. Registration Begins on February 13

**VOLUNTEER COACH NEEDED**

**Fees: \$30.00**

### YOUTH BASKETBALL

Boys and girls teams are currently forming according to age. Practice is twice a week, games are once a week. Complete registration forms, proof of birth, and payment are required to play. SIGN-UP NOW!!!

**Age: 10 to 17**

**Fees: \$55.00**

## Clubs

### BON APPETIT

This winter we'll spend our time in the kitchen where it's guaranteed to be warm. Join us and test your cooking skills. The menu for each week is up to so make sure you're there to give your input. \$1 drop-in fee

**Instructor: Shannon Ellis-Brock**

**Age: 11+**

**Tuesdays 4 – 6 p.m.**

**Jan 10 – Mar 14**

**Fees: \$5.00**

**Location: Kitchen**

# Youth / Teens

## HIP HOP INSPIRED DANCE

This is a work-out you'll enjoy! Explore the fundamentals of hip hop dance, rhythm & choreography. Learn to move to a variety of modern beats & songs, as you create a modern dance performance.

**Instructor:** Rita Alcantara

**Wed. 3:30 – 5:30 p.m. Jan 4 – Mar 29**

**Location:** Multi Purpose Room

## PIZZA & PINS

Come join us for an afternoon full of fun. Teens will get pizza and soda while bowling at Roxbury Lanes. Several other community centers will be there so it's a great way to meet new people and work on your game at the same time.

**Instructor:** Ron

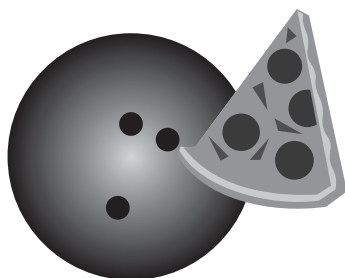
**Brown**

**Age: 11 to 18**

**Fridays**

**3:30 p.m.**

**Location:** Teen Room



## Out of School Care/ Camps

### AFTER SCHOOL PROGRAM

This program is designed to serve the needs of working parents by providing children with a wide variety of experiences and choices designed to enhance self-esteem and independence within an engaging child-centered space. Our trained staff are committed to cultivating individual and nurturing relationships with participants as well as on-going programming that reflects the interests and worlds of our participants. This program follows the calendar of Seattle Public Schools.

**Age: 5 to 12**

**Mon – Fri 3 – 6:30 p.m.**

**Fees: \$230.00 Scholarships are available.**

**Location:** Child Care Room

## HOLIDAY CAMP

Join Yesler's childcare program for some holiday fun. Each day is filled with the magic of the holidays; art projects, swimming, ice skating, movies, Winterfest at Seattle Center, and holiday treats. Morning and afternoon snack are provided. Please send child with a lunch and something to swim in on swim days.

### Week 1

**Age: 5 to 12**

**Mon – Fri 7 a.m. – 6 p.m. Dec 19 – Dec 23**

**Fees: \$135.00 scholarships available**

### Week 2

**Mon – Fri 7 a.m. – 6 p.m. Dec 26 – Dec 30**

**Fees: \$135.00 scholarships available**

## MID-WINTER BREAK CAMP

Join Yesler's child care staff for a wonderful mid-winter break. Lots of fun and exciting activities for your kids to do at this camp. We'll keep your kids safe, while keeping them busy with great activities such as swimming, movies, skating, dancing, arts, games and much more.

**Age: 5 to 12**

**Tue – Fri**

**Feb 21 – Feb 24**

**Fees: \$135.00 Scholarships are available.**



## SUMMER DAY CAMP & TEEN CAMP

Summer will be here before you know it! Consider Yesler's Summer Day Camp program for your children. Our safe and enjoyable camp will keep your child busy throughout the summer with exciting activities.

Scholarships are available for qualified participants. Please see staff for more information. Registration will begin on April 4, 2006. Space is limited so sign-up early.



# Teens

## TEEN WINTER BREAK & MID WINTER BREAK

Looking for something to do during Winter or Mid-Winter Breaks. There is a lot to do here swimming, cooking, and movies. Field trips to the Seattle Center, Pacific Science Center and the TLC Family Skate Center just to name a few.

## AFRICAN YOUTH FESTIVAL

In conjunction with Youth Appreciation Week, the Yesler Teen Advisory Council will be hosting the African Youth Festival. People of all cultures come to celebrate African art, food and culture. This event will be held in the Spring.

6 - 8 p.m. April 13

## HOMEWORK

Do you need a place to do your homework? Come to the teen room and get it done. Work on your own or get help from your peers. At least one hour or more will be available to teens that need assistance with their homework.

TWTh 3 - 4 p.m.

Location: Teen Room

## MONDAY PLAYGROUP

Start the week off with some fun and entertainment. Enjoy board games, video games, art projects and movies each week.

Instructor: Mike Anderson

Mondays 3 - 6 p.m. Jan 9 - Mar 20



## NATURAL VOICES

Let your natural voice be heard! Explore the world of singing & learn to: protect & control your voice, read music & collaborate with friends to create beautiful vocals that make modern songs memorable.

Instructor: Erica Merritt

Tuesdays 4 - 6 p.m. Jan 3 - Mar 28

Location: Art Room

## SNAC (Seattle Nutrition Action Consortium)

SNAC is an organization that promotes healthy eating. They will be here to cook a health snack and conduct a nutritional activity for us.

Wednesdays 4 - 5 p.m. Jan 4 - Jan 25

Location: Teen Room



## TEEN DEVELOPMENT PROGRAM

Yesler's Teen Development Program is available year round to youth ages 11-18. The goal of the program is to provide activities to teens in six core areas: Environmental Education & Stewardship, Arts & Culture, Life Skills & Job Readiness, Social Recreation, Citizenship & Leadership Development, and Sports & Fitness.

Participants in the Teen Program must have Participant Information & Authorization form completed, signed by a parent or guardian and on file in order to participate in activities. All activities are first come first serve. Sign-up sheets are available prior to activities. Some activities may require an additional permission slip signed by a parent or guardian in order to participate.

Instructor: Ron Brown

Age: 11 to 18 middle and high school youth

# Teens

## Art and Science Classes

### ILLUMINATED PUPPETS

Learn to create 3-D versions of the creatures you love & make them glow! Let nature be your inspiration as you create colorful animals & flowers using paper-mache, tissue paper and bamboo.

**Instructor: Cynthia Feldt**

**Mondays 4 – 6 p.m. Jan 9 – Mar 27**

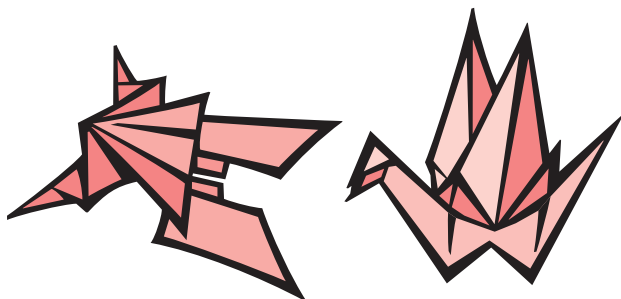
**Location: Art Room**

### NATURE CERAMICS

Let nature be your inspiration as you explore the botanical & animal kingdom by creating small scale clay projects that incorporate NorthWest habitat themes including: the rainforest, bugs & more.

**Instructor: Kathleen McHugh**

**Fridays 4 – 6 p.m. Jan 6 – Mar 31**



### PAPER CREATIONS

Learn paper folding techniques used to create exotic animals, over sized bugs & more! Create your favorite critters & flowers as you help recycle by transforming everyday objects into works of art.

**Instructor: Mi-Kyung & Ho-sik Sin**

**Thursdays 4 – 6 p.m. Jan 5 – Mar 30**

## Volunteer Opportunity

### SERVICE LEARNING

High school students are required to complete 60 hours of service learning. We offer a variety of service learning opportunities for teens. Many of the opportunities we provide are service based and require an understanding of customer service. If you are interested in any service learning opportunities contact Ron Brown at 206.386.1245 or Ron Mirabueno the Service Learning Coordinator at 206.233.3979.



### TEEN ADVISORY COUNCIL

Yesler's Teen Advisory Council is looking for trustworthy, reliable and responsible youth to join. The goal of the Teen Council is to involve youth in planning teen programs and to have teens implement their ideas and opinions. Members of the Teen Advisory Council are required to attend monthly meetings. Meetings are held first Thursday of every month.

**4 p.m.**

**Location: Teen Room**



# Adults

## Computers and Technology

### ESL & BASIC COMPUTER CLASS

This course targets immigrants living in the Yesler area. The class will meet twice a week for eleven weeks. The course will cover English as a Second Language skills involving grammar, writing, vocabulary and sentencing. Basic computer skills will also be taught in this course.

**Mon/Wed**

**Location: Computer Lab**



### GETTING STARTED WITH COMPUTERS

This is a six-week, twice a week class! Learn practical applications and computer basics for personal or business use. Topics include introduction to Win XP, and the Internet; basic skills using software for word processing, spreadsheets, and Typing. No previous contact with computers required.

**Mon/Wed 4:30 – 6 p.m.**

**Fees: Free**

**Location: Computer Lab**

## Aerobics/Fitness

### FITNESS ROOM

Treadmills, elliptical trainers, universal trainers, free weights. Whether you're trying to get in shape or stay in shape, our fitness room is here to help you meet your goals. Get a monthly fitness pass for only \$15 or you can drop-in any day for \$2. The fitness room is open during our regular business hours.

**Age: Adults only**

### PERSONAL FITNESS TRAINING

Each one hour session includes warm up and stretching exercises; strength training to strengthen and tone arms, chest, back, legs and abdomen. Training sessions are by appointment only. Inquire at the front desk or call 206.386.1245 for more details.

**\$30.00 per Session**

**\$175.00 for 6 Sessions**

**Instructor: Antoinette Daniel, Certified Personal Fitness Trainer**

## First Aid, Health & Safety

### FIRST AID & ADULT CPR

This course teaches how to respond to an emergency, proper techniques of controlling bleeding, treatment for burns, poisonings and sudden illness, choke-saving maneuvers, rescue breathing & CPR for adults. This course meets OSHA & WISHA requirements. PLEASE REGISTER BY CALLING AMERICAN RED CROSS AT 206.726.3534

**Instructor: American Red Cross**

**9 a.m. – 5 p.m. Jan 14**

**Fees: \$54.00**

**Location: Child Care Room**

**Feb 11**

**Fees: \$54.00**

**9 a.m. – 5 p.m. Mar 11**

**Fees: \$54.00**

# Adults

## Performing Arts & Dance

### MUSIC & MOVEMENT APPRECIATION

Join us for this exciting drop-in class. We'll be covering the basic music and movement of a variety of dances. Line dance, swing dance, and ballroom dance are just a few of them. Dance guru James Butler will be on hand to help you with your moves. Come alone or bring some friends. Either way, we'd love to have you. All ages are welcome.

**Instructor:** James Butler

**Wednesdays** 5 – 6 p.m. Jan 11 – Mar 15

**Fees:** \$2.00

**Location:** Multi Purpose Room



## Other

### HEALTHY LIFESTYLE COMMUNITY WORKSHOP

In this informative and unique workshop participants will receive information about how to read food labels, learn how many calories you consume each day, learn how many calories are in your favorite fast foods, coffee drinks and snacks; learn examples of flexibility and strength training exercises, and a tour of the fitness facility and equipment.

**Instructor:** Antoinette Daniel

**6:30 – 7:30 p.m.** Jan 9

**Fees:** \$5.00

### TAX PREPARATION & ELECTRONIC FILING

Free help and electronic filing for faster refunds are available from trained multilingual volunteers at community tax preparations sites. Working families and individuals can receive larger refunds with the Earned Income Tax Credit (EITC). Avoid paying high and unnecessary fees or taking "rapid refund loans" from commercial tax preparers.

**Thursdays** 5 – 8 p.m. Jan 19 – Apr 13

**Saturdays** 10 a.m. – 2 p.m. Jan 21 – Apr 15



# Seniors

## Computers and Technology

### BASIC COMPUTER CLASS FOR SENIORS

This class will meet twice a week for four weeks. You will learn practical applications and computer basics for personal or business use. Topics include introduction to Win XP, and the Internet; basic skills using software for word processing, spreadsheets, and Typing. No previous contact with computers required.

**Wed, Thu**

**Location: Computer Lab**



### INSTRUCTORS WANTED

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill, or knowledge you'd like to share with others in a class or workshop format, please come in and talk to a member of our staff or give us a call (206) 386-1245.

### RENT YESLER COMMUNITY CENTER

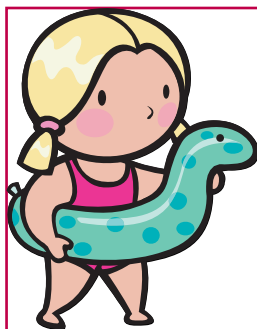
Our brand new building is the hot spot for rentals! Yesler Community Center has many rooms to match your needs! Our rooms are ideal for meetings, parties, large gatherings, or any special occasion. Please call 386-1245 for more information regarding cost and availability.

### LOOKING FOR SOMETHING?

Is there a class you'd like to see offered at Yesler Community Center? In an effort to accommodate the wants and needs of the community and provide a variety of classes and programs, we welcome your input. Just give us a call (206)386-1245



## Winter Quarter 2006



### MONDAY & WEDNESDAY

6:30-8:00 am	Early Lap Swim/Masters Workout
11 am-2:30	Lap Swim
11:30am-noon	Kinder Lessons
12:00-1:00 pm	Adapted Water Exercise
1:00-2:00 pm	Pool Playland
2:30-4:00 pm	Garfield Swim Team
4:00-5:00 pm	Public Swim (Shallow end only)
5:30-8:00 pm	Lap Swim
5:00-6:00 pm	Youth Lessons (6 & up)
6:00-6:30 pm	Kinder Lessons (4-5 years)
6:00-6:45 pm	Aqua Jogging
6:30-8:00 pm	Public Swim

### TUESDAY & THURSDAY

11 am-2:30	Lap Swim
11-11:30am	Parent/Tot Lesson
11:30-noon	3 Year Old Lesson
Noon-1:00pm	Pool Playland
2:30-4:00 pm	Garfield Swim Team
4:00-5:00 pm	Public Swim (Shallow end only)
5:00-6:00 pm	Youth Lessons (6 & up)
5:30-8:00 pm	Lap Swim
6:00-6:30 pm	Kinder Lessons/Adult Lessons
6:30-7:00 pm	3 Year old/Tot Lessons
7:00-8:00 pm	Shallow Water Exercise/ Masters Workout

### FRIDAY

6:30-8:00 am	Early Lap Swim/Masters Workout
11 am-2:30	Lap Swim
Noon-1:00pm	Pool Playland
2:30-4:00 pm	Garfield Swim Team
4:00-5:30 pm	Public Swim (Shallow end only)
5:30-6:30 pm	Lap Swim
5:30-6:15 pm	Aqua Jogging
6:30-7:15 pm	Diving
6:30-8:00 pm	Public Swim

### SATURDAY

8:30-5:00 pm	Continuous Lap Swim
9:00-10:00 am	Water Exercise
10:00-11:00 am	Family Float Swim
11:00-11:30 am	Kinder/Tot Lessons
11:30-12:00 n	Beg/Adv.Youth Lessons
12:00-12:30pm	3 Year Old/Adult lessons
12:30-1:00 pm	Private lessons/special population
1:30-2:50 pm	Public Swim
3:00-3:30 pm	Youth Lessons (6 and older)
3:30-4:00 pm	Kinder Lessons (4-5years)
4:00-5:00 pm	Public Swim (shallow only)

Medgar Evers pool is available for private splash parties, please contact the pool for available times and fees. 684-4766.

### Recreational Swim Program Fees:

Under 1 year . . . . .	Free
Children (1-18 years) . . . . .	\$2.75
Adults (19 & Over) . . . . .	\$3.75
Sr.Adults/Sp. Pop . . . . .	\$2.75
Recreational swim card . . . . .	\$20.00

### Water Fitness Program Fees:

Water Exercise/Aqua Jog . . . . .	\$4.75
Senior Water Exercise/Aqua Jog . . . . .	\$3.00
Fitness swim card . . . . .	\$30.00
Adult Fast Pass . . . . .	\$45.00
Senior/Disabled/Youth Fast Pass . . . . .	\$35.00

### Dive-In Movie Schedule

Swimming fun for the whole family.  
Enjoy swimming with all the lights out while watching a family-appropriate film! Popcorn will be sold for a dollar.  
All Movies are rated PG

Fri, Jan 20 . . . . .	Robots
Fri, Feb 17 . . . . .	Madagascar
Fri, Mar 17 . . . . .	Sinbad
Fri, April 21 . . . . .	Spongebob SquarePants

## **Winter Quarter 2006**

### **RECREATIONAL SWIM PROGRAMS**

**\*Early Morning Lap Swim** - Swimmers follow a posted set of lap swimming guidelines. Open to anyone who can swim lengths of the pool. Program admission is by swim ticket only.

**Lap Swim** - Lap swimming. At least 2 and usually 3 Lap Lanes will be available. Swimmers please follow the posted set of lap swim guidelines. Open to any age that can swim lengths. This program is offered in conjunction with other swims in the pool at the same time.

**Masters Workout** - A swim team workout for adults. Let our swim instructors get you in shape. Get an invigorating workout, while receiving stroke and turn tips from the experts.

**Public Swim** - Recreational swimming for all ages. Children who are not at least 4' tall and who are under 6 years of age must be accompanied into the pool by an adult.

**Family Float Swim/Pool Playland** - Recreational swimming for the whole family. All ages may participate; however, parents must accompany children under the age of 18 into the pool.

**Redwood Cedar Sauna** - The Sauna is available during all of our hours of operation. Children under 18, must be accompanied by parent.

**Weight Training Area** - The Universal weight machines, Smith Machine, & free weights are available for use during all operating hours. Check out a weight pin from the cashier. For Adults 18 and over. Fee is \$1 with swim admission & \$2 without



### **FITNESS PROGRAMS**

**Water Exercise** - Increase your flexibility and your range of motion in this low impact aerobic class. This is a terrific exercise program for all ages and abilities. Especially helpful to seniors and patients recovering from injuries.

**Adapted Water Exercise** - Primarily for seniors or those seeking joint mobility and flexibility, our instructors will help improve your quality of life. Class is set to relaxing big band and contemporary music.

**Deep Water Aqua Jogging** - This is a great way to experience the benefits of a really good run, without the harmful impact of the real thing. Perfect for athletes who are recovering from injuries. Participants in this program must be comfortable in deep water.

Financial assistance for children's swimming lessons is available please contact the pool for more information.

### **Learn To Swim**

Through the 2000 Pro Parks Levy, the citizens of Seattle voted to provide funding for a free session of swimming lessons to all 3rd and 4th graders in the City of Seattle. We at Medgar Evers are looking for parent and teacher advocates to enroll entire classes of 3rd and 4th graders in swimming lessons during school hours. We feel that this avenue offers the best service to the community and the most complete use of the Learn to swim program. If you are interested in helping to make this happen, call Tim Ewings at 684-4766.

More information is available at [www.seattle.gov/parks/aquatics/learntoswim.htm](http://www.seattle.gov/parks/aquatics/learntoswim.htm)

### **SWIMMING LESSON PROGRAMS**

#### **Parent Tot Swimming Lessons - 6 Months to 4 years**

This class teaches basic water adjustment through more advanced swimming skills with an emphasis on enjoyment and relaxation.

#### **Three Year Old lessons**

Just for our three year old patrons! Parents watch from the deck while an experienced instructor teaches their child important skills needed to be comfortable in the water.

#### **Kinder Lessons - Ages 4 & 5 years**

Water adjustment, basic swimming skills as well as more advanced American Red Cross techniques are introduced and taught. Students are placed in small class groups, then divided into ability levels.

#### **Beginning Youth Lessons - Ages 6 to 13 yrs**

American Red Cross swimming lessons, skills taught begin with water adjustment for the novice and end with crawl stroke and deep water skills. Some optional diving techniques are also included.

#### **Advanced Youth - Ages 6 to 13 yrs**

These lessons are for advanced students who are comfortable swimming lengths of the pool, and have strong floatation and crawlstroke skills.

#### **Adult Lessons - Ages 13 and up**

Novice through more advanced levels of instruction. The classes are tailor made to the students needs. Special gentle attention given to those adults who are aqua phobic.

#### **Birthday & Splash Party Rentals**

Medgar Evers Pool is available for your private rental. For more information call, 684-4766

### **HOW TO REGISTER FOR LESSONS**

Simply come to the pool cashier in the lobby during open hours and fill out a registration form and pay the class fee. Registration is done on a first come first served basis. New Participants: Open registration for Winter Quarter begins Monday, December 19th at noon.



## Community Phone Numbers

### Recreation Information

Public Information ..... 684-8020  
 Compliments/Concerns.. 684-4837  
 Ballfield Rainout  
     Hotline ..... 233-0055  
 Environmental  
     Stewardship..... 733-9701  
 Field/Tennis Court  
     Scheduling ..... 684-4077  
 Group Field/Tennis Court  
     Scheduling ..... 684-4082  
 Picnic Scheduling ..... 684-8021  
 Teen Program Advocate . 684-7136  
 Teen TREC Program..... 684-7097

### Community Services

Chamber of Commerce.. 686-3221  
 Capitol Hill Neighborhood Svc Ctr .  
     684-4574  
 Community Law Project . 686-7252  
 Crime Prevention  
     Organizer ..... 332-0621  
 Crisis Line..... 461-3200  
 Horn of Africa Services.... 344-5872  
 IDHA..... 941-1114  
 The Job Connection ..... 344-5837  
 Yesler Neighborhood  
     House ..... 461-4522  
 Yesler Mngt. Office ..... 233-3758  
 Yesler Comm. Liaison..... 343-7484  
 Yesler Community  
     Police Officer ..... 684-4371  
 Yesler Youth Tutoring  
     Program ..... 682-5590  
 Police — East Precinct .... 684-4300  
 Police — West Precinct ... 684-8917  
 Metro Transit Rider Info... 553-3000  
 Yesler Computer Lab ..... 386-1245

### School Information

Bailey Gatzert..... 252-2810  
 Cleveland H.S. .... 252-7800  
 Franklin H.S. .... 252-6150

Garfield H.S. .... 252-2270  
 Leschi ..... 252-2950  
 Madrona..... 252-3100  
 Meany Middle ..... 252-2500  
 Mercer Middle..... 252-8000  
 Stevens ..... 252-3400  
 T.T. Minor..... 252-3230  
 Topps..... 252-3510  
 Transportation..... 252-0900  
 Washington Middle..... 252-2600

### Sports Information

Amy Yee Tennis Center ... 684-4764  
 Athletic Field Scheduling 684-4077  
 Capitol Hill Soccer ..... 675-0397  
 Central Area Panthers  
     Football..... 853-3181  
 Citywide Adult Athletics.... 684-7092  
 Citywide Youth Athletics ... 684-7091  
 Field/Tennis Court  
     Scheduling ..... 684-4077  
 Garfield Little League .... 721-3534  
 Montlake Little League ... 853-3181

### Special Programs

Senior Adult Programs  
     Citywide ..... 684-4951  
     Central East ..... 233-7255  
 Special Populations  
     (Youth/Adult) ..... 684-4950

### Special Interests

Aquarium..... 386-4320  
 Asian Art Museum ..... 654-3100  
 Camp Long ELC\* ..... 684-7434  
 Carkeek Park ELC\* ..... 684-0877  
 Daybreak Star Cultural  
     Arts Center ..... 285-4425  
 Discovery Park ELC\* ..... 386-4236  
 Green Lake  
     Small Craft Center .... 684-4074  
 Langston Hughes  
     Performing Arts Ctr.... 684-4757  
 Mt. Baker Rowing

& Sailing Center..... 386-1913  
 Seward Park ELC\* ..... 684-4396  
 Woodland Park Zoo ..... 684-4800

### Community Centers & Pools

Alki CC ..... 684-7430  
 Ballard CC ..... 684-4093  
 Ballard Pool..... 684-4094  
 Bitter Lake CC..... 684-7524  
 Colman (Summer only) .. 684-7494  
 Delridge CC ..... 684-7423  
 Evans Pool ..... 684-4961  
 Garfield CC ..... 684-4788  
 Green Lake CC ..... 684-0780  
 Hiawatha CC ..... 684-7441  
 High Point CC ..... 684-7422  
 International District CC.. 233-0042  
 Jefferson CC..... 684-7481  
 Laurelhurst CC ..... 684-7529  
 Loyal Heights CC..... 684-4052  
 Madison Pool..... 684-4979  
 Magnolia CC..... 386-4235  
 Meadowbrook CC ..... 684-7522  
 Meadowbrook Pool..... 684-4989  
 Medgar Evers Pool ..... 684-4766  
 Miller CC ..... 684-4753  
 Montlake CC ..... 684-4736  
 Mounser (Summer only). 684-4708  
 Queen Anne CC..... 386-4240  
 Queen Anne Pool ..... 386-4282  
 Rainier CC ..... 386-1919  
 Rainier Beach CC..... 386-1925  
 Rainier Beach Pool ..... 386-1944  
 Ravenna-Eckstein CC ..... 684-7534  
 Sand Point CC..... 684-4946  
 South Park CC ..... 684-7451  
 Southwest CC ..... 684-7438  
 Southwest Pool ..... 684-7440  
 Van Asselt CC..... 386-1921

**Yesler CC..... 386-1245**

\*ELC = Environmental Learning Center

## Facility Rental Information

### Yesler Community Center

Rent Yesler Community Center for birthdays, weddings, meetings, dances, family reunions, seminars, craft shows, etc.

### Rates and Availability

Contact Yesler Community Center Staff at 206-386-1245 for cost and availability.

If Yesler Community Center doesn't suit your needs, visit the Seattle Parks and Recreation web site at <http://www.seattle.gov/parks/reservations/Facrentalguide.htm>. There are over 20 great locations that can be rented throughout the Parks Department!



## You can make a difference!

The Yesler Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people of all ages, abilities and backgrounds.

Yesler's Advisory Council is always looking for new members. Meetings are held on the third Wednesday evening of every month to talk about programs, policies, and financial issues. Citizen direction and participation are vital to our continued success. Yesler Advisory Council members also create scholarship opportunities through grant writing and other fundraising activities. If you'd like to get involved, please contact Gina Saxby at 206-684-4753.

Most classes, workshops, sports, and special events are funded through the Advisory Council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely heavily on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

## E-Brochures are available!

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at [www.seattle.gov/parks](http://www.seattle.gov/parks). You can find this brochure information online.

## Suggestions

We welcome your ideas. If you want to suggest a new class, or if you have an idea you think would benefit us or our community in general, please let us know.

## Interested in teaching?

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill, or knowledge you would like to share with others in a class or workshop format, please talk to a member of our staff.

## Anti-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental or physical handicap.

## Accommodation for people with disabilities

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodation, please call 206-615-0140 or 206-684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

## Rentals

For information about rentals, please view our facility rental brochure (<http://www.seattle.gov/parks/rentals/Facrentalguide.htm>).

## Special Populations

For information about programs for youth/adults with disabilities, please call the Specialized Programs Office at 206-684-4950 or visit the web at <http://www.seattle.gov/parks/SpecialPops/index.htm>.

## More information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at [www.seattle.gov/parks](http://www.seattle.gov/parks), or call our Public Information line, 206-684-4075.

For more information about programs for senior adults, please call 206-684-4951, and for information about programs for special populations, please call 206-684-4950.



## Fees and charges

Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Council are used to offset the cost of providing the programs. Program charges include user fees of \$1 per class, \$1.50 per workshop, and \$1.30 per participant in each athletic game, paid to Seattle Parks and Recreation to defray operating costs. People 60 and older are not charged these user fees unless there is a stated senior fee for a particular class. Class and program fees include Washington State sales tax where applicable.

## Scholarships

Our Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to offer scholarships for qualified applicants. To apply for a scholarship, please talk to a member of our staff.

## Waiting lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

## Class cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

## Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.

## HOLIDAY MAGIC

Join us for our annual Holiday Magic dinner. Bring the family and a favorite food to share with your neighbors. There'll even be a visitor from the North Pole to hear your child's wish. A special thanks to Toys for Tots and KUBE 93 FM for donating toys this year.  
**6 – 8 p.m. Fri, Dec 16**



## ICE CREAM SOCIAL

I scream! You scream! We all scream for ice cream! Yesler Community Center would like to show our neighborhood appreciation by treating you to everybody's favorite delicacy. Come join us for an afternoon of entertainment, good company, and of course ice cream.

**Sat, Feb 11 1 – 3 p.m.**

### Seattle Parks and Recreation Yesler Community Center

917 E. Yesler Way  
Seattle, WA 98122  
206-386-1245



## SPRING EGG HUNT

Join us for our annual rain or shine egg hunt. There will be lots of candy, special prizes, and a ton of fun. Don't forget to bring a basket or bag to carry your goodies home. Children will hunt for eggs according to age.

Age: 0-3 10:30-11 a.m.

Age: 4-6 11-11:30 a.m.

Age: 7-9 11:30 a.m.-12 p.m.

Age: 10-12 12-12:30 p.m.

**10:30 a.m. – 12:30 p.m.**

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